

# Jungle Passport



Explorer's Name: \_\_\_\_\_

Explorer's Traveling Number: \_\_\_\_\_

Explorer's Traveling Date: \_\_\_\_\_

# Obstacle #1: Jungle of Foods

Successfully maneuvered through the Jungle of Foods:  
\_\_\_\_\_ Guide's Initials

How much did you learn is the question!

# Obstacle #2: Raiders of the Lost Nutrition Facts

*We need the information from this product for getting out of here. Fill in as quickly and accurately as possible.*

1. What is the name of the product? \_\_\_\_\_
2. The net weight of this product is: \_\_\_\_\_
3. What company produces this product? \_\_\_\_\_
4. What is its address? \_\_\_\_\_
5. What are the first three ingredients listed?
6. Where is the UPC code on your product?
7. What is the expiration date or code on your product?
8. How much of this product makes one serving?
9. Nutritional Information (per serving):
  - a. Calories \_\_\_\_\_
  - b. Protein \_\_\_\_\_
  - c. Total Carbohydrates \_\_\_\_\_
  - d. Total fat (grams) \_\_\_\_\_
  - e. Saturated fat (grams) \_\_\_\_\_
  - f. Cholesterol (grams) \_\_\_\_\_
  - g. Sodium (mg) \_\_\_\_\_
10. From reading the nutritional information, would you consider this convenience food to be nutritious?  
Explain your answer:

# Obstacle #3: The Last Crusade

We were tricked and our guide gave us a mixed up map. Quick!  
Put the map together correctly so we can get out of here!

What do these mean?

tsp

TBSP

oz.

c.

sec.

hr.

doz.

Finish the equations:

3 tsp = \_\_\_\_\_ TBSP

4 TBSP = \_\_\_\_\_ cup

\_\_\_\_\_ TBSP = 1 cup

\_\_\_\_\_ min. = 1 hour

\_\_\_\_\_ items = 1 doz.

\_\_\_\_\_  $\frac{1}{4}$  cups = 1 cup

\_\_\_\_\_ cups = 1 pint

\_\_\_\_\_ TBSP = stick of margarine



Which one do you use for:

Measuring dry ingredients?

Draining spaghetti?

Scrambling eggs?

Measuring really small amounts?

Grating cheese?

Getting corn-on-the-cob out of the pot?

Peeling vegetables or fruits?